Ottawa metro

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Breaking the stigma one story at a time
metroLIFE

Billy Sullivan is hoping to tap into the skateboarding, snowboarding and active-health markets and create a sports sensation.
ADAM KVETON/FOR METRO

wheeeeeeeee!

There's a new reason to climb up that grassy hill — so you can glide back down, thanks to this Ottawa inventor
metroNEWS

'Discussion' needed on police budget

TRANSPARENCY

Chief should address council on resources, say councillors

Emma Jackson
Metro | Ottawa

Concerns about police transparency during budget season softened slightly Wednesday afternoon as the police board's finance committee welcomed the public for the first time.

Earlier in the day, councillors Diane Deans and Riley Brockington complained they were blocked from asking questions during last year's police budget deliberations.

Brockington was ruled out of order at council for asking police Chief Charles Bordeleau to explain what resources had been allocated to traffic enforcement in his ward. Instead, Brockington was told to present his concerns at the police services board meeting, where, as a delegate, his status as a councillor didn't make much difference. That system needs to change, he said.

"(It's) the one opportunity a year that we reflect on taxpayer money that's going to police," Brockington said. "I simply want to have a better discussion about the allocation of resources."

Bordeleau, for his part, said he's "always open" to talking to councillors, and is willing to address council as a whole if requested.

Brockington said it was "a good start" to invite councillors to the police services board's finance committee meeting, where staff were outlining the force's 2017 budget direction for November. If passed, police will have a $319.4 million gross operating budget in 2017, a two-per-cent increase over last year.

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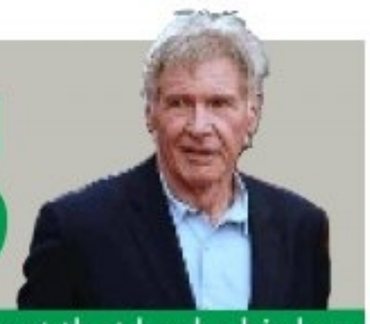


Film firm fined $1.95 million U.S. over Harrison Ford 'Star Wars' set accident that broke his leg.

5 THINGS TO SEE AT THE MAKER FAIRE

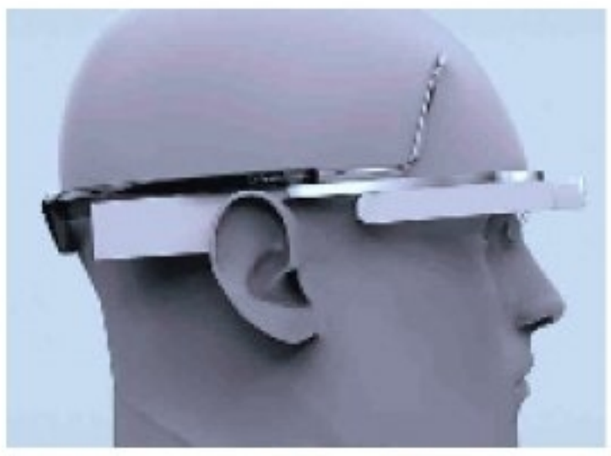
Ever get an idea and have the urge to make it real? Well, a fair dedicated to weird and wonderful creations from likeminded people is coming to Ottawa Oct. 15-16 at the Aberdeen Pavilion. Billed as 'the greatest show-and-tell on Earth,' Maker Faire will feature amazing and strange creations from local makers and beyond. Here's Metro's top five creations to see. ADAM KVETON METRO

1 Anouk Wipprecht, high-tech fashion

For Dutch-based high-tech fashion designer Anouk Wipprecht, clothes are meant to do more than shield you or make you look good. For her, fashion is also about communication. So she's embedding sensors, computers and small motors into her designs, which allow them to react to the person wearing the clothing, or even their surroundings.

2 Tick Tock Tom's scrap-metal art

This sculptor, based in Ottawa, is an example of the art side of the Maker Faire. Tom takes parts of machines, especially their inner workings, and repurposes them, turning them into creatures, flowers and more. Some of his creations include LEDs and even movement.



3 Personal Neuro Devices

If you've ever wanted your phone to be more intuitive, it doesn't get much more intuitive than reading your mind. That's what this Ottawa group is working towards. Personal Neuro Devices is developing a wearable headset that will sense the electrical activity in your brain and send the data wirelessly to your phone or tablet. The group plans to develop a range of game apps, health apps and more that can use your electrical brain activity as an input.

4 meinEnigma

This project, by Ottawa resident Peter Sjoberg, is a blast from the past, but with modern tech. Sjoberg has created a replica of the German enigma machine used during the Second World War to encrypt messages. You might have heard of it in the Benedict Cumberbatch movie The Imitation Game. Sjoberg designed it as a kit that people can put together themselves.

5 Robot Missions' beach cleaner

Erin Kennedy and Robot Missions from Toronto are trying to bridge the gap between makers and environmentalists. Their first mission was to collect small debris from beaches, and for that they designed and 3D printed a semi-autonomous robot. They are now putting it to the test in the hopes of making improvements and eventually creating a fleet that can clean beaches all on their own.

OPIOIDS

Ontario plots path to fight addiction

Ontario will expand use of the drug Suboxone as an alternative to methadone to treat people addicted to opioids as part of a new provincial strategy to combat an increasing number of overdoses.

There are an estimated 50,000 addicts currently getting methadone treatment in Ontario, which saw 700 deaths from opioid overdoses in 2014. Opioid use has become the third leading cause of accidental death in Ontario, ahead of car accidents, said Health Minister Eric Hoskins.

He calls the situation a "public health crisis," and says medical practitioners will be able to prescribe Suboxone instead of referring addicts to clinics.

Addiction specialist Dr. Medlon Kahan said having addicts treated by family doctors instead of at a clinic will ensure they get proper care.

"Suboxone can safely be prescribed by family physicians without a special licence or training, and this will greatly expand access to treatment," said Kahan.

Hoskins also announced Ontario will make the antidote medication Naloxone available free of charge to treat overdoses, and will give Naloxone kits to "at risk" inmates upon release.

Ontario also named its chief medical officer of health, Dr. David Williams, as its first "provincial overdose co-ordinator," and announced a new narcotics monitoring system to let doctors know how much a patient has already been prescribed.

THE CANADIAN PRESS

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Gliding is the new hovering

ENTREPRENEUR

Local inventor creates a board for summer grassy hills

Adam Kveton
For Metro | Ottawa

There's a new reason to climb up that grassy hill – so you can glide back down. A local inventor has created a board meant for the grass that lets you turn, bank and race down slopes, recreating the feeling of surfing or snowboarding. ADAM KVETON / FOR METRO

Ever wanted to surf, but you've got no waves, or glide, but you've got no snow?

Well, an Ottawa-area inventor was thinking along those lines when he came up with Hill Glider — a wheeled board that can take you down a grassy slope as if you're on snow or water.

Just now launching a company to sell the Hill Glider, its inventor, Billy Sullivan, is hoping to tap into the skateboarding, snowboarding and active-health markets and create a sports sensation.

Sullivan has been inventing for several years, often with the help of his pal, Mike Sorokowsky. But the idea for the glider had been kicking around in Sullivan's head for about 10 years before he finally put his hands to material and created a prototype.

The resulting board sat on his workbench for about a year until one of Sullivan's nephews took it out for a ride.

After a doubtful first few pushes on the contraption, the board's first test pilot soon found his way successfully to the bottom of the hill, and he was hooked, said Sullivan.

"'Uncle Billy, this is effin' awesome!'" he recalls the boy saying. Sullivan's wife and others agreed that he was onto something and encouraged him to work on the board.

That was the end of last summer. Just over a year later, Sullivan and Sorokowsky have put together a product they say is a ton of fun, and which they hope to start selling.

The 106 centimetre-long wooden board is dominated by a 30-centimetre wheel at its centre, like a miniature bicycle wheel. Also like a bicycle, it's got a hand brake. At the front corners of the board are two in-line wheels like you have on rollerblades, with one more at the tail.

The large wheel at the centre allows the rider to balance on a single point, letting the rider make smooth and sharp turns while going down a hill. The smaller wheels keep you moving without requiring perfect balance.

The experience is something like both surfing and snowboarding, said Sullivan and Sorokowsky, who grew up doing action sports. One of the benefits of their design is that it lets people learn slowly and get comfortable while still being able to glide. Nonetheless, they recommend wearing a helmet.

Now, after many test rides, which, they both confess, is their favourite part of their business enterprise, they have products to sell.

They will be showing off the board for the first time at the Ottawa Ski, Snowboard and Travel Show Oct. 22-23 at the E.Y. Centre.

Getting the board in the hands of the public is "really exciting for us," said Sullivan.

The base model will be sold for about $200 — a price-point that Sullivan worked to keep low when compared to motorized boards and other products.

After reaching out to the skateboarding community, Sullivan and Sorokowsky say they've had positive feedback, though they know their product will have to create a culture and following of its own. In an effort to begin that, Sullivan is working on an app that will let Hill Glider users share the hills they go to, how long they can glide for and at what speed.

So far, they say Mooney's Bay and the Arboretum are two prime spots.

METRO Explains

Five steps to learning hill gliding

STEP 1

ADAM KVETON / FOR METRO

Find a hill. You'll need some speed to get going, so give the board a little test push. If it starts moving down the hill on its own, that's a good place to start.

STEP 2

ADAM KVETON / FOR METRO

Place the board on the hill facing down the incline. Take the hand brake and squeeze.

STEP 3

ADAM KVETON / FOR METRO

Put your back foot on the tail of the board, with the board angled either away or towards you, making sure to keep the brake engaged.

STEP 4

ADAM KVETON / FOR METRO

Place your front foot on the nose of the board, while keeping your weight on your back foot.

STEP 5

ADAM KVETON / FOR METRO

With your knees bent, put more weight on your front foot and let go of the break until you begin gliding down the hill.

A local developer wants to demolish the Victorian-era house at 234 O'Connor St. and build a temporary park. EMMA JACKSON/METRO

City against demolition

CONSERVATION DISTRICT

Staff to refuse second request to tear down heritage home

Emma Jackson
Metro | Ottawa

A rundown heritage house on O'Connor Street could be saved from demolition yet again.

Local developer Gemstone Corporation has applied to demolish the Victorian-era red brick house at 234 O'Connor St., nearly a year after it unsuccessfully asked the fire department to rip it down in the name of public safety.

Gemstone wants to build a temporary public park in its place, with no set plans for a new development.

But in a report coming to the built heritage sub-committee Thursday, city staff recommend refusing the latest demolition request, arguing it goes against heritage conservation policies at the city, provincial and federal levels.

The two-and-a-half-storey house is part of the Centretown Heritage Conservation District.

It was built between 1879 and 1901, and is an example of the simple single homes constructed in the area at the time. Its features include decorative brick veneer, simple wood trim and a covered entry, staff said.

The house is admittedly in bad shape, having sat vacant for 15 years: the roof is in disrepair, there's fire damage on the second floor and its foundation and brickwork are a mess.

But it's still in good enough condition for the exterior to be incorporated into a potential new development, staff argued.

And tearing it down to make way for a park would mean more than half of the block between Cooper and Somerset streets would be vacant.

The developer could not immediately be reached for comment Wednesday.

HURRICANE

Council urges aiding Haiti

Help Haiti recover from the hurricane, city council urged residents Wednesday.

Councillors unanimously supported Coun. Riley Brockington's motion asking residents to donate through the Canadian Red Cross, Oxfam or a charity of their choice after Hurricane Matthew killed more than 1,000 people, ravaged crops and accelerated the country's cholera outbreak last week.

All this while the country is still rebuilding from the devastating 2010 earthquake that flattened the capital and killed up to 200,000.

EMMA JACKSON/METRO

SEXUAL ASSAULT

Lawsuit against Russell Williams, wife settled

An Ontario woman's lawsuit against convicted sex killer Russell Williams and his wife has been settled.

Sexual assault victim Laurie Massicotte had filed a nearly $7-million lawsuit in late 2011 against Williams, his wife Mary Elizabeth Harriman and the province of Ontario.

She reportedly settled with the province last year, but the suit against Williams and his wife had remained active.

Harriman's lawyer Mary Jane Binks said Wednesday that the lawsuit was settled recently.

Details of the settlement were not disclosed.

Williams, once a rising star in the Canadian Forces, was sentenced to life in prison in October 2010 after pleading guilty to the murders of two women.

In 2014, he reached an out-of-court settlement with some of his victims, but the suit by Massicotte, who chose to reveal her identity and speak publicly about her ordeal, had remained active.

In her statement of claim, Massicotte said she had been bound and sexually assaulted by Williams in her home in September 2009. She said, in the claim, that the attack against her left her fearful, humiliated, depressed, suicidal, unable to function in society. It also said she would require extensive therapy.

Williams was convicted of first-degree murder in the sex slayings of Cpl. Marie-France Comeau, 37, of Brighton, Ont., and Jessica Lloyd, 27, of Belleville, Ont.

The former commander of Canada's largest military airfield also pleaded guilty to 82 fetish break-and-enters and thefts as well as two sexual assaults.

Williams chronicled and catalogued his crimes, shooting videos and still photos and amassing a huge collection of stolen undergarments.

The Canadian Forces stripped him of his rank after his conviction and burned his uniform.

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From left: Karaoke crooners Nat, Michal and Emily sing at A Choired Taste at the Belmont.
CONTRIBUTED/DEVIN ATHERTON

Sing-along nights an A Choired Taste

BACKSTAGE PASS

You already know the words to some of these songs

Trevor Greenway
Metro | Ottawa

Devin Atherton spends every Sunday morning thinking about fun songs he used to sing with friends growing up.

Journey's Don't Stop Believin', Blind Melon's No Rain, maybe Aladdin's A Whole New World.

His Sunday morning guilty pleasure playlist then gets synced up for revellers to collectively unite under during A Choired Taste every Sunday Night at the Belmont.

A Choired Taste is basically a pseudo-karaoke party, one where there is no large screen with Korean captions, no solo microphone and no judgement from the other patrons who would likely do just as bad if they had the balls to get up and sing.

> People will put their arms around each other's shoulders and they sing together. It's very jovial. There is something very heartwarming about it.
> Devin Atherton

Think of it more along the lines of an Irish pub sing-along night, a collective croon that erupts almost every time Atherton selects a doozy of a hit: Don't Stop Believin', Bohemian Rhapsody or even off-the-wall, nostalgic tunes that make you feel like a kid in pajamas on a Saturday morning. They are tunes that often can't be heard over the clinking of glasses and the off-tune croons of an inebriated crowd burying their souls in embracing nostalgia.

"It's like a modern version of the old Irish pub sing-alongs, where the community gets out and has all these songs they know and sing together," says Atherton.

"I will play these well-known sing-along songs and at any point in the night, you can cut the music from the DJ booth and the whole room will be in chorus together. People will put their arms around each other's shoulders and they sing together. It's very jovial. There is something very heartwarming about it."

Atherton says the night is very refreshing for not only the patrons, but also for himself, as it breaks the mould of selecting bass drop over bass drop at big clubs where millennials want to convulse to heavy bass music and heavy bass music alone. Atherton has the freedom to go wherever he wants in his playlist — that means Disney songs and total downers that will clear any club's dance floor are in play. For Atherton, who DJs three to five nights a week, it's nights like these and his Bring Your Own Vinyl Nights that keep the scene fresh for both him and his fans.

"It's fun because, as a DJ, I normally have to play stuff that turns the party up, where, at this, you can really play some sad bastard stuff that is fun to sing-along to and you would never ever get away with in a club."

"So you could play (Jeff) Buckley's Hallelujah and people know how to sing it. It's sad as f---, but it's a fun one to sing together and commiserate in song."

Part of what makes these intimately interactive DJ nights work is the fact that society has changed into a more hands-on, DIY world, where people are no longer observers, but rather participants. We are starting to see this trend with Maker Faires, vinyl nights and parties build into immersive labyrinth worlds for curious minds to explore.

"Today's crowds want to be involved, even the whole way we interact online," he adds.

"We don't want to be just spectating, we want to be a part of something."

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‘They need to feel what Canada is like’

SCHOOLING

Muslim group raises $23K for new arrivals

Haley Ritchie
Metro | Ottawa

How do you introduce someone to Canada? Would you make them a smore on a camping trip, give them a ski lesson or buy them a used pair of skates?

Thanks to a fundraising effort from the United Muslim Organizations of Ottawa-Gatineau, one school will be able to offer those first-time experiences to over a hundred Syrian children who started school this year in east Ottawa.

“They have one foot in one culture and another in the Canadian culture,” said Irene Cameron, principal of Carson Grove Elementary School. “They see what’s going on but in many cases — because of the fact that they’re new — those opportunities are not available for them. They need to see and feel what Canada is like.”

Carson Grove, like many other schools in Ottawa outside of the wealthier neighbourhoods, doesn’t have a volunteer school council that raises extra funds.

When the school had an influx of new students, it sent out an e-mail plea to the wider Ottawa community for fundraising help.

When Sheema Khan read the email, she was transported back to the 1965 — when she first came to Montreal as child from India.

“It reminded me of all the wonderful memories I had — this was my introduction to Canada. I cannot overemphasize how important it is for kids, their sense of who they are, their belonging,” said Khan, who is part of the Kanata Muslim Association and helped mobilize the community to raise $23,000 to help support experiences.

Carson Grove principal Irene Cameron (left) and Sheema Kahn (right) from the Kanata Muslim Association. HALEY RITCHIE/METRO

Université d’Ottawa | University of Ottawa

Roya’s journey

Five years ago, Roya Shams’ high school education was cut short because of Taliban death threats. Today, she is a second-year student in the Faculty of Social Sciences who is working to help underprivileged girls–and boys–in her homeland.

Defy the Conventional: The Campaign for uOttawa
www.uOttawa.ca/give/royashams

uOttawa

ROAD SAFETY

Over $1M in fines for calls at wheel

Ottawa police are telling drivers to put the phone away after giving out almost 400 tickets over the long weekend and handing out over a million dollars in fines so far this year.

Sgt. Mark Gatien with the Ottawa police’s traffic escort and enforcement team said Wednesday morning that 2,187 charges for cell phone use had been issued since the start of the year

The minimum fine for distracted driving is $490, meaning this year looking at their phones in the car has cost Ottawa drivers over $1 million.

Over the Thanksgiving weekend the force participated in the national “Operational Impact” that aimed to ding motorists for distracted driving, seatbelt infractions and impaired driving over three days.

“These numbers show that drivers are driving too fast and cell phone use is far too common,” Sgt. Eddy Yeoumans said in an emailed release about the 400 tickets handed out last weekend.

“Drivers need to change driving behaviour and make a conscious choice to drive safe every time they get behind the wheel,” he said.

Police are asking that drivers instead safely pulling over to use their phones. They’re also encouraging passengers to call out drivers who keep checking their phones.

The Thanksgiving long weekend was chosen for the campaign because more travellers on the road means more frequent crashes. HALEY RITCHIE/METRO

Ottawa police have handed out 2187 charges for cell phone since the start of the year. TORSTAR NEWS SERVICE

MISSING

Teenager’s remains identified by police

Police in Ottawa say they’ve identified remains found earlier this year as those of a 19-year-old student who disappeared more than 20 years ago.

Investigators say the remains of Shafiq Visram — who was last seen near his Ottawa home on May 30, 1994 — were discovered on May 10 on a property being developed for housing.

Investigators are asking anyone with information that would assist them in determining the events surrounding Visram’s disappearance to contact police.

Ontario’s Missing Adults website says at the time of his disappearance, Visram was a student at South Carleton High School and after getting home from school, he left again sometime between 4 p.m. and 5 p.m.

He was last seen sitting on the ground near the bank of Mud Creek and his backpack was found in a nearby ravine. THE CANADIAN PRESS

Iglika Ivanova is a senior economist at the Canadian Centre for Policy Alternatives. JENNIFER GAUTHIER/METRO

Victoria tops list of cities for women

LIVABILITY

Windsor came in last as worst city for women

Wanyee Li
Metro | Vancouver

Victoria tops the list of best Canadian cities for women to live for the second year in a row due to the high ratio of government workers and public sector jobs in the city, according to a study by the Canadian Centre for Policy Alternatives (CCPA).

Vancouver came in at ninth place while Montreal was sixth and Toronto was 11th. Windsor came in last as the worst Canadian city for women.

Researchers took measured five factors in each city to come up with the list — economic security, leadership, access to health, security against violence, and education.

Overall, Canada has a lot of work to do when it comes to reducing sexual harassment against women and allowing women to hold leadership roles both in the private and public sector.

Women have actually reversed the gender gap in education — women have higher levels of education than men — but that hasn't translated into leadership roles, said Iglika Ivanova, senior economist at CCPA's B.C. office.

"We find that women still are under represented in management and politics even though they are highly educated… and in the last year we've had high profile women in public life complaining about sexual harassment," she said.

"These are things where we still have a long way to go."

But Victoria stands out because women who live there are more likely to hold leadership positions. For instance, women hold 44 per cent of the elected government positions in Victoria's city council, according to Ivanova.

"(Victoria) also has the smallest wage gap between men and women. We think this is because there is a lot of government employees there," she said.

DETAILS

5 best cities for women in Canada	5 worst cities for women in Canada
1. Victoria	1. Windsor
2. Kingston	2. Oshawa
3. London	3. Calgary
4. Québec City	4. Edmonton
5. Gatineau	5. Saskatoon

GOVERNMENT

'Pushback' on immigration: Bains

Canada's economic development minister says the federal Liberal government is encountering public "pushback" on its immigration plans from Canadians who fear for their jobs.

Navdeep Bains says newcomers create jobs in Canada and is urging people to see immigration not as a social issue, but as a key driver of economic growth.

Bains is asking the business community to help sell immigration as something that can increase prosperity and opportunity for Canadians.

He says people need to understand that bringing in newcomers will give the country a competitive advantage.

Navdeep Bains
THE CANADIAN PRESS

The minister says the government has to do a better job of telling that story.

Bains made the comments today while speaking to business leaders at a economic summit in Ottawa sponsored by the Public Policy Forum.

"The honest truth is there is still reluctance around immigration policy," Bains said. "When we want to talk about immigration and we say we want to bring more immigrants in because it's good for the economy, we still get pushback." THE CANADIAN PRESS

FUNDING

Provinces want to ensure supports are in place for immigration boost

Federal and provincial immigration ministers have met in Winnipeg to discuss rising immigration numbers and support programs. Manitoba's minister, Ian Wishart, says provinces have concerns about funding language, training and other support programs.

THE CANADIAN PRESS

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Haiti's situation 'not looking good'

NATURAL DISASTER

Cholera pandemic worsened by hurricane

Hurricane Matthew first took the home of Sonette Crownal in a town on Haiti's southern coast. Then cholera came for her baby.

The 25-year-old market vendor and her family were still taking stock of their losses after the storm when she noticed that Peter James, just 10 months old, was showing symptoms of a disease that health authorities say is surging in the wake of the storm.

"When I saw the symptoms and knew what was really going on, then I got scared," Crownal said as she cradled the boy in her arms at a Les Cayes cholera treatment centre on Tuesday. About 20 people, some still listless from the disease, lay on cots under a metal roof as a fan cooled the tropical heat.

Cholera is caused by bacteria that produce severe diarrhea and is contracted by drinking contaminated water or eating contaminated food. It can lead to a rapid, agonizing death through complete dehydration, but is easily treatable if caught in time.

The Category 4 storm has killed at least 473 people, according to national emergency officials, and the wreckage it left behind has created the perfect conditions for spreading the water-borne disease. Matthew sent rivers and outdoor latrines overflowing across the mountainous landscape. Cholera-contaminated water has leeched into people's drinking wells.

Many thousands of people whose homes were ruined are sharing close quarters with family and friends, the kind of proximity amid poor sanitation that aids in transmission. Already reports have been trickling in that the disease is spiking.

The World Health Organization says at least 200 suspected cholera cases have been reported across southwest Haiti since Matthew hit and it has pledged to send 1 million doses of cholera vaccine to Haiti.

"It is not looking good," said Dr. Unni Krishnan, director of Save the Children's Emergency Health Unit in Haiti.

And cholera is not the only health emergency in the country. Krishnan and others warn about growing malnutrition because of widespread damage to crops and livestock, as well as fishing boats and gear, depriving many of their livelihoods in a country where more than half survive on less than $2 a day.

Also complicating matters are shortages in hospitals and clinics ill-equipped to respond to the spike in cases. Many people in remote communities have trouble reaching treatment.

Doctors Without Borders opened a cholera treatment centre in Port-a-Piment. As of Tuesday, medical staff had already cared for 87 patients. Paul Brockmann, director of the organization's mission in Haiti, said the looming wet season may make it worse still.

THE ASSOCIATED PRESS

Hurricane Matthew victims wait to receive food from the UN's World Food Programme in Roche-a-Bateaux, in Les Cayes, in the south west of Haiti, on Wednesday. The first major handout of food aid took place along Haiti's storm-wrecked southwest coast but supplies were still far short of what was needed by the thousands of starving people. AFP/GETTY IMAGES

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SYRIA

Militant drone attacks reveal fresh threats

French and Kurdish forces in northern Iraq were attacked by an exploding drone, the Pentagon said Wednesday, adding a new worry to the wars in Iraq and Syria as militant groups learn to weaponize their store-bought drones.

Air Force Col. John Dorrian, the spokesman for the U.S.-led military coalition in Iraq, said an improvised device on a drone exploded after it was taken back to a camp near the Iraqi city of Irbil. He called it a Trojan Horse-style attack.

Two Kurds were killed in that incident on Oct. 2, according to a U.S. official, who said the drone looked like a Styrofoam model plane that was taped together in a very rudimentary style. The official said it appeared to be carrying a C-4 charge and batteries, and may have had a timer on it.

That official was not authorized to discuss the incident publicly so spoke on condition of anonymity.

France's presidential spokesman, Stephane Le Foll, said Wednesday that two French special forces were seriously injured in the explosion.

The U.S. has seen militants use a variety of improvised drones and modified drones, Dorrian said, adding, "there's nothing very high tech about them."

> **"This is the stuff everyone has been terrified about for years, and now it's a reality.**
> Chris Woods

"They can just buy them as anybody else would," he told reporters Wednesday. "Some of those are available on Amazon."

While militants with drones are not a significant military threat, Dorrian said the U.S. and its partner countries are taking it seriously.

While militants with drones are not a significant military threat, Dorrian said the U.S. and its partner countries are taking it seriously.

Chris Woods, the head of the Airwars project, which tracks the international air war in Iraq, Syria and Libya, said, "there are a million ways you can weaponize drones — fire rockets, strap things in and crash them."

"This is the stuff everyone has been terrified about for years, and now it's a reality," he added.

THE ASSOCIATED PRESS

IN BRIEF

Burundi lawmakers vote to withdraw from ICC

Lawmakers in Burundi overwhelmingly voted Wednesday in support of a plan to withdraw from the International Criminal Court, something no country has ever done.

The decision escalates a bitter dispute with the international community over the human rights situation in the East African country, which has seen more than a year of deadly violence. The ICC prosecutes cases of genocide, war crimes and crimes against humanity.

THE ASSOCIATED PRESS

Lawyers for Paris attacks suspect won't defend him

Lawyers for the only surviving suspect in last November's attack in Paris say they will no longer defend him because he refuses to speak.

Frank Berton and Sven Mary said they've decided to stop representing Salah Abdeslam, who has remained silent to protest his prison conditions, including the 24-hour video surveillance of his cell. Berton said Abdeslam was psychologically damaged by his detention in prison.

THE ASSOCIATED PRESS

Gord Downie
EXCLUSIVE
Gord Downie and Peter Mansbridge talk about life, The Tragically Hip, music and Gord's latest project, Secret Path.
The National
with Peter Mansbridge
TONIGHT news

Fire-proof boxes sent for Samsung phones

RECALL

Kits conform with rules for lithium ion batteries

A customer inquires about returning a Samsung Note 7 in a store below the company's headquarters in Seoul. AFP/GETTY IMAGES

A damaged Samsung Galaxy Note 7. THE ASSOCIATED PRESS

Samsung Electronics said Wednesday it is sending fire-resistant packages to its customers in the U.S. as a precaution against possible fires or explosions from Galaxy Note 7s they return to retailers.

Samsung is offering prepaid shipping boxes as an option for U.S. consumers who purchased the phones on its website, Samsung.com. It said consumers who purchased their Note 7 phones from mobile carriers should visit the carriers' websites for recall instructions.

On Tuesday, Samsung said it was discontinuing the Note 7 phones just two months after their launch, after two recalls and many reports of fires. Samsung must now deal with receiving back more than 1.5 million Galaxy Note 7 phones, both the original ones and those issued as replacements. Most were sold in the U.S. and South Korea.

A video on YouTube dated Tuesday shows a man it says is at the XDA Developers office in the U.S., unpacking a kit containing a static shield bag, thermally insulated boxes, gloves and instructions for ground shipping only.

"We have just received this crazy Galaxy Note 7 return kit," the person said in the video.

According to the XDA Developers forum, Samsung's packing instructions say the Note 7 should be put in the static shield bag and then in a box labeled "OEM Replacement" to be put inside an "Inner Box" and a "Recovery Box." Shipping companies reportedly had complained they did not want to handle Note 7 returns because of fire concerns.

Samsung said the packaging kits conform with U.S. requirements for shipping lithium-ion batteries or devices containing them that are subject to a recall.

THE ASSOCIATED PRESS

MONEY

Brits put new spin on five-pound note

The value of the British pound sterling may have been dropping in recent weeks but imaginative Brits have found a way to put cash to work: It turns out the new plastic five-pound-note can be used as a stylus to play vinyl records.

A number of YouTube videos have been posted in recent days showing the new note "playing" music on a turntable, though it must be said the fidelity does not match sound produced by expensive equipment.

The plastic note is illustrated with images of Queen Elizabeth II and Winston Churchill. It was introduced last month to generally favourable reviews.

THE ASSOCIATED PRESS

Brits have discovered the new plastic £5 note can be used as a stylus to play vinyl records. YOUTUBE.COM

IN BRIEF

Drizzy's new booze tops LCBO launch sales

Drake's new liquor brand, Virginia Black Decadent American Whiskey, has topped single-day launch sales at the LCBO. Ontario's liquor retailer sold 1,779 bottles on the last day of September and to-date has sold 775 cases. TORSTAR NEWS SERVICE

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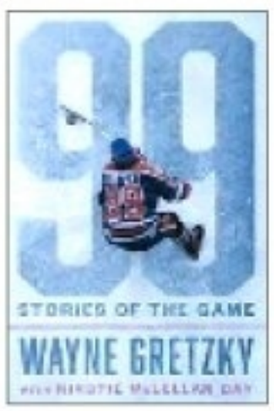

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metro VIEWS
Your essential daily news
Thursday, October 13, 2016

CHANTAL HÉBERT ON THE NDP'S ELECTORAL-REFORM POSITION

For a party that has spent years tilling the electoral-reform field, this submission is remarkably free of specifics. The Liberals, by comparison, have been at this for a very short time.

If one had to take away just one thing from the NDP's just-released submission on electoral reform, it is that it strenuously avoids tracing a party line in the sand.

As leader, Thomas Mulcair campaigned on a mixed-member proportional system. But in its brief, the NDP carefully avoids pinning itself down to a specific system to the exclusion of others or to a process to achieve a reform.

Instead, the NDP reports that an overwhelming majority of those who attended the 40 or so town halls it held over the summer want a more proportional system.

That is only groundbreaking until one considers that voters who have no quarrels with the first-past-the-post system probably did not sacrifice a summer evening to dream up a different approach to electing members of the House of Commons.

Similarly, the New Democrats note that most participants want a "fair" and "legitimate" process; a notion that it interprets to mean anything between moving to a new system with multi-party support to a national referendum.

For a party that has spent years tilling the electoral-reform field, this submission is remarkably free of specifics. The Liberals, by comparison, have been at this for a very short time. The first-past-the-post system has delivered more majorities to the Liberal party than to any of its rivals, and Justin Trudeau is its first leader to commit to doing away with it.

Polls show that most Canadians support the Conservative contention that an electoral reform of this magnitude should be put to a referendum.

This year a group of MPs has been gathering for meetings of the special committee on electoral reform to hear from expert witnesses on how and whether they should change the way Canadians cast their federal election ballots. THE CANADIAN PRESS

But the NDP brief comes just as negotiations are about to get underway between the members of a parliamentary committee tasked with making recommendations on electoral reform to the government by Dec. 1. At that point, time will be of the essence as Elections Canada needs a considerable amount of lead time to put a new system in place in time for 2019.

Although the Liberals hold the most seats (five) on the 12-member committee, they do not have a majority. There cannot be a majority report absent an alliance between two or more of the five parties at the table.

The Conservatives are unlikely to be part of any deal. They have drawn their line in the sand on process. For the official Opposition, any move to a different voting system has to be approved by a majority of Canadians through a national referendum. If that sounds like a long shot, it is because that is what the Conservatives hope it to be. From their perspective, the current first-past-the-post system best serves their party.

On paper, the Liberals, given their governing majority, always have the option of going it alone — imposing a preferred voting system through legislation. But that path would be fraught with difficulties.

Polls have shown that a majority of Canadians support the Conservative contention that an electoral reform of this magnitude should be put to a referendum.

Some experts have argued that moving to a new federal voting system could require a constitutional amendment.

It is far from certain that an electoral-reform bill backed by only the Liberals would find timely support in the Senate.

There is precedent for the upper house to hold out on a major government plan until Canadians have had a say through a vote. At the time of the 1988 free-trade debate, the Liberal majority in the Senate refused to approve Brian Mulroney's trade deal until an election had been held.

The scenario of unilateral Liberal action would also consume a fair amount of political capital on a file that is ultimately secondary to both the partisan and the policy interests of the current government.

This is one promise many Liberals would be happy enough to see Trudeau ditch, as long as he and the government did not have to take the blame for pulling the plug.

An all-party parliamentary committee deadlocked on the issue of the voting system would offer the government a relatively easy way out.

The NDP describes its brief as setting out the parameters within which its caucus would support a reform and a process to achieve it. If those parameters read like you could run a truck through them it's because keeping Trudeau from backtracking from his promise to change the voting system in time for the 2019 election is also the point.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

ROSEMARY WESTWOOD

A coalition of anti-woman vitriol undone by, of all things, anti-sexist guilt

Who would've guessed the tipping point would be a five-letter word that rhymes with wussy.

After all the U.S. election has been about — inequality, black lives, white anxiety, trade and protectionism, unemployment, terrorism, emails, Benghazi, China, immigration, Mexicans and the colour orange — this mattress fire comes down to women.

Trump's establishment support continues to erode. He's trailing in polls, his odds of winning as low as 17 per cent. No amount of "locker room talk" defence or complete sentences uttered in debates has stemmed the outrage.

In joking about sexual assault via grabbing women in the "p--sy" in a hot mic recording from 2005, Donald Trump did what even Donald Trump didn't appear capable of: He found a line, and he crossed it.

That line is partly getting caught directly in the act of misogyny, on video. It's partly the gushy slang for that taboo part of a woman. ("Grab them by the d--k" and "Grab them by the penis" just don't have the same vulgar ring, do they?) It's partly about criminal activity.

And it's partly the overarching context of this election. Trump's comment wouldn't have landed like such a "yuge" stink bomb if he weren't running against a woman. But he is. So women's place in society and their right to power is at the centre of the campaign.

For a while, that was good for Trump.

In fact, it had appeared as if his key selling feature was Hillary Clinton herself. His crowds brought to ecstasy at the mention of Benghazi and "crooked Hillary," seeming not so much interested in Trump as in Clinton's head.

She had to slog against the most unstable, irrational character this side of the Filipino president, exactly because she is who she is: a woman, who also happens to be a long-time, successful politician. Her crimes fall far short of apocalyptic, though her reception indicates otherwise.

Even for those who deny their sexism, she could never smile with quite the right frequency. She was never warm enough, always far too loud. Few men, outside Obama, earn chants like "Hang her in the streets" or threats of being jailed from Trump, or a comparison, courtesy of Mike Huckabee, to the shark in Jaws.

But the breaking point has been reached. A nation unwilling to reckon with its sexism buoyed Trump until last Friday, and a nation self-conscious of its sexism is sinking him today.

Thanks to both, Nov. 8 is set to be one hell of a statement on women in America.

This is Rosemary's final daily column. Watch for her new weekly column, about relocating to the United States, coming next month.

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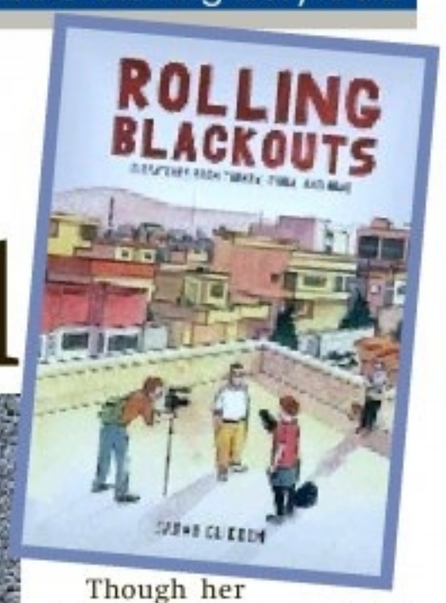
Law & Order: SVU' to air a Donald Trump-themed episode titled 'Unstoppable' starring Gary Cole

Using comics to tell a compelling story in Iraq



NEW BOOK

Cartoonist recorded journalist trip after invasion

Sue Carter
For Metro Canada

In 2010, Seattle cartoonist Sarah Glidden packed up her sketchbook, camera and voice recorder and travelled to the Middle East for two months.

She was joining journalist friends who were working for the non-profit online publication Seattle Globalist; Glidden would observe as they gathered stories about the lingering effects of the Iraq war, especially on those displaced as a result of the American invasion.

Making the Kickstarter-funded trip even more complex, the group planned to document the story of former Marine Dan O'Brien, a childhood friend of one of the journalists, Sarah Stuteville, as he returned to the country for the first time since serving.

Glidden's observations of those two months are captured in her new book, Rolling Blackouts: Dispatches from Turkey, Syria, and Iraq which could be easily be described as a personal memoir or travelogue, but falls more into the growing category of comics journalism or illustrated reportage.

She kept her recorder on for the entire trip, choosing to listen rather than constantly sketch, while relying on photographs and drawings to capture body language and physical details.

Glidden documented not just the reporters' behind-the-scenes process, but quiet times when they would just be sitting around, having a few beers and talking about America's place in the world. Even though Glidden cringes now at her overly earnest and naive responses during those discussions, she didn't edit them out of her personal story. "I wanted the dialogue to be real dialogue," she says.

One situation Glidden captured through her muted but striking watercolour illustrations is the tension between Stuteville and O'Brien, as the journalist unsuccessfully pushed to get her ex-military friend, who refused to open up about certain details, to go on record to denounce the war.

Seattle cartoonist Sarah Glidden, who collected stories from the fallout of the Iraq war into the comic novel Rolling Blackouts, says comics and narrative journalism "can help show a reader that this is a person like you." CONTRIBUTED

"It was difficult for me to write about a friend and make her into a character, and portray her in a way that isn't always flattering," says Glidden. "It was funny, when I was writing the book, I was going through what she was going through when we were on the trip. She wants him to be a compelling story, but she also cares about him."

During their travels, the group meets refugees from a variety of backgrounds, and Glidden turns over many pages to their heartbreaking, painful stories. For the first time, the American journalists also directly encountered the hostility felt by those whose lives were destroyed by the war, many of whom demanded answers for their government's actions.

"I think we often hear stories about how sad it was what happened to them, or anger when it comes to terrorism, but you don't get to hear ordinary people say how angry they are, and frustrated," says Glidden.

Though her trip took place six years before the current Syrian civil war, while Damascus was still a safe city, Glidden believes that Rolling Blackouts' illustrated treatment provides a much-needed human connection to the country's newest refugee population.

"A lot of times it's easy for us to 'other-ize' people's stories when they're from far away or from a background that is harder for us to identify with. Maybe part of that is an emotional defense. If you really accepted people who are going through such traumatic experiences as people like you, it would be so hard to take all the terrible news that you see," Glidden says. "But it's really important for us to break through that barrier. And I think that comics and narrative journalism can help show a reader that this is a person like you."

Sue Carter is the editor at Quill & Quire magazine.

Healing after miscarriage

They are proud mothers of babies they will never know — here, Canadian women share their heartbreak

Kristen Thompson
For Metro Canada

This is a story about profound shame and loneliness. It's about a secret club that will be joined by one in three Canadian women at least once in their lives. It's about miscarriage and infant loss, something that's only talked about in whispers.

The women in this story are tired of whispering. They are proud mothers of babies they will never know, babies many of their loved ones never even knew existed. And they're hoping their stories will encourage other women to reach out for support so they don't have to grieve in silence.

This Saturday is Pregnancy and Infant Loss Awareness Day. Its very existence was built upon the mandate of destigmatizing infant loss.

I reached out to the women in my two Facebook mom groups to see if anyone would be willing to share their story with me. I was overwhelmed with the response. Around 150 mothers emailed or Facebook messaged me their stories. These are just some of them.

Kari Anne Gonsalves, who now has a one-year-old son, suffered a miscarriage in April 2013. The following year, she also lost her triplet sons.

"When I miscarried … I didn't feel as though I could talk to anyone about it," said Gonsalves. "At the time I did not know anyone who had experienced such a loss, and no one, with the exception of my husband and one friend, knew that I was even pregnant."

"I felt isolated in the sense that my life had to go on, even though I carried this great hurt and sadness, and the people around me carried on as if nothing had happened, because they simply didn't know that anything had happened."

In May 2014, Gonsalves' infant triplets — Jude, Gabriel and John Paul — were born extremely premature and did not survive.

"Friends with children stopped inviting us out to their children's events. I stopped getting invited to baby showers, people avoided telling me that they were expecting. They thought they were being sensitive, but when all of your friends have children, it gets pretty lonely and we wanted celebrate happy times with our friends."

Sarah Keast is a mom of two girls. She also had a son, Ryder, who died at 22 weeks. She describes finding out about his genetic condition — and the difficult decision to terminate her pregnancy — as devastating.

"The radiologist … put her hand on my shoulder and said, 'I'm so sorry, but I do have to confirm I'm seeing significant brain damage,'" said Keast, of the day she learned Ryder wouldn't survive. "I then collapsed."

"I cried every time I got out of the shower and looked at my belly. I cried every time he kicked me. I cried every time I saw a pregnant woman on the street."

NATASHA GERSCHON/FOR METRO

SUPPORT GROUP WHY SHARING CAN HELP

These five women have each had a miscarriage. They're part of the same mom's group on Facebook, but met in person for the first time at Ashbridges Bay in Toronto last week. From left, they are Caroline Starr, Kari Anne Gonsalves, Brechann McGoey, Elizabeth Dhuey and Meghan Krmpotic.

The emotional impact of miscarriage and infant loss is profound. In fact, one in five women who experience miscarriage have anxiety levels similar to people attending psychiatric outpatient services, according to Tommy's, a U.K.-based centre for miscarriage research that coined the hashtag "MisCourage" to encourage women to tell their stories of loss. It also found that as many as one third of women attending specialist clinics as a result of miscarriage are clinically depressed.

Oct. 15 is Pregnancy Loss and Infant Awareness Day — Metro has spoken to many mothers and fathers who wanted to share their loss, and find others whose stories they can relate to. Share using #IHadAMiscarriage

More stories online at Metronews.ca/miscarriage

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MISCARRIAGES: HEARTBREAK AND HEALING A METRO SPECIAL REPORT

SOCIAL IMPACT

Steering clear of people for the sake of your sanity

While many women feel pushed into isolation by friends, family and colleagues who don't want to talk about their loss, others isolate themselves as a means of self-preservation.

Laura Beer (pictured right) describes how she turned inwards after losing her stillborn daughter Georgia.

"For months, I only left the house through the garage so no one would see me," she said. "Every minute that loomed ahead seemed impossible."

"Our friendships slowly morphed until we were almost completely surrounded by other loss parents. 'Other people' hurt me. It wasn't intentional, but no one could understand this new world we had found ourselves in."

"I changed too. I had gone from being confident and relatively carefree to awkward and plagued by social anxiety. I suddenly found myself incapable of small talk. I was afraid of strangers."

"Walking back into my office that first day was one of the hardest things I have ever done. How do you face the same people who used to know you, when you have become a completely different person? I never felt more alone than I did in those first few weeks back at work."

VOLUNTEERS NEEDED

Help for non-English speakers

There's a particular group of women who are especially underserved by the scant outpatient support services available after the death of an infant: those who speak English as a second language.

And with more people than ever reaching out to Pregnancy and Infant Loss Network Canada (PAIL) for support, (the non-profit's intake increased about 400 per cent at the beginning of this year), the largely volunteer-run organization is struggling to meet families' needs.

Twenty per cent of Canadians — or 6.8 million people — speak a language other than English or French as their mother tongue, according to the 2011 census. And 6.2 per cent of those people speak that language exclusively at home. That number is even higher in metropolitan areas.

Jamie McCleary, PAIL's program manager, said most of these families are being referred to her organization from public health units or other places they initially turned to.

"They're in the same situation as other mothers, they're just as desperate for somebody to talk to, and (we're) trying to find some way to accommodate them."

PAIL is looking for volunteers who have experience dealing with pregnancy and infant loss — either personally or professionally — who speak Hindi, Punjabi, Mandarin and Cantonese, in particular. For those interested, their contact is: info@pailnetwork.ca.

TELLING OTHERS

The sting of empty sentiments

Well-meaning family and friends often try to find a positive spin, but those pep talks often hurt more than silence.

"There were lots of empty sentiments (like), 'You're young, you can try again,'" said Melissa. "I didn't care, I wanted this baby, I wanted my son. I felt so empty and crushed by disappointment."

Marin Barley, a mother of three from Vancouver (pictured above with her family), lost two pregnancies between the birth of her second and third babies. "I got a lot of 'Well at least you have two other kids already,' and 'It is probably for the better.' I (even) had people say 'This is why you don't tell people until the second trimester'... People meant well, but those comments never helped."

"If someone tells you've they've lost a baby, just think about it as if they'd lost a parent," she said. "You likely don't say, "Well at least your other parent is still alive', or 'Maybe your mom will remarry and replace your dad.'

RELATIONSHIPS

Dads feel guilt on top of grief

David Alexander and his wife weren't exactly trying for a baby when she became pregnant with number two. Their shock turned to joy as they began to adjust their plans for life with two kids. But when his wife started to bleed, that dream was dashed.

Alexander's wife came home from the emergency room appearing stoic and collected. That first day, it was Alexander who broke down.

"That night after we found out and I was in bed laying down, I think I cried for 15 minutes," he said.

On top of grief, Alexander (pictured right with his son) said he also felt guilt that he couldn't really relate to what his wife was going through,

although it was their child that was lost.

Dylan Tomlin had a similar experience when his wife lost two pregnancies in a row. "I didn't feel nearly as much loss as she did," he admits, in part because he wasn't experiencing the pregnancy symptoms, and because she wasn't showing yet.

Jamie McCleary, program manager at PAIL, said her organization has seen an influx in dads seeking support. She pointed out that infant loss can be hard on fathers for different reasons than it is for mothers, in part because they are expected to be the strong ones.

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#YOW INDEX

The Kit Compact—Canada's fave beauty and style brand—checks out Ottawa's hottest style destinations

Katie Hession (@yowcitystyle), shot outside Blumenstudio café in Westboro.
PHOTOGRAPHY BY BRITTANY GAWLEY

H&M JACKET, TOP, PANTS, HAT, SCARF, BAG, SHOES, HM.COM

STREET STYLE

LOCAL HERO

Style star Katie Hession shares her fave hometown hangouts

NEIGHBOURHOOD WATCH

Killer brunch

"Erling's Variety (225 Strathcona Ave.) is a bright spot in the Glebe with a great atmosphere. The eggs Benny on home-baked English muffins is the best!"

Ultimate accessories

"I'm beyond excited about the opening of L'Intervalle in the Rideau Centre (50 Rideau St.). It's a Montreal shoe company with well-made, well-priced designs that have just the right amount of edginess."

Fave bar

"On Sunday nights at the Belmont (1169 Bank St.), DJ Devin Atherton plays classics to sing along to, and the whole bar gets a little rowdy."

Trusted hair salon

"I go to Damien at Texture (293 Dalhousie St.). Maintaining healthy hair while being platinum blonde is tricky, but he knows what he's doing. Plus, he's so entertaining!"

Must-try mani

"I get my nails done every two weeks, so I searched far and wide for an affordable but good-quality mani. Lily at Zoey's Nails (353 Preston St.) is my girl. She is great at re-creating nail art images that I bring to her."

THE SIP: **UNICORN AT COMMON EATERY**

The spicy and sour Unicorn cocktail from Common Eatery (380 Elgin St.) often comes as a surprise to those who order it. "I wanted to make a cocktail that everyone was familiar with, but I made it bright pink," explains bartender Jason Frederick. "The reaction is often, 'Sorry, I didn't order a pink drink.' We often judge before giving things a chance."

What you need:
1.5 oz Applewood Smoked Cazadores Tequila
0.5 oz Triple Sec
1 oz fresh squeezed lime juice
0.75 oz Alicorn Syrup (pink simple syrup)
1/4 habanero pepper
Dried chili pepper Himalayan pink salt

Directions:
Put first five ingredients into shaker with ice and shake hard. Double strain into a rocks glass half-rimmed with chili pepper and salt.

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FROM THE EDITORS OF THE KIT compact

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

A move towards diversity

Show creator Issa Rae, seen right, is tasked with portraying a familiar situation — a young woman trying to make it in Los Angeles — but from a new perspective. CONTRIBUTED

THE SHOW: Insecure, Season 1, Episode 3 (HBO)
THE MOMENT: The secret white meeting

Walking past the breakroom at her youth-outreach organization, Issa Dee (show co-creator Issa Rae) overhears coworkers expressing doubts about her Beach Day project. She walks into the room.

Her coworkers gush condescendingly. "Are you stressed? I would be so stressed," one babbles. Three of them dash away. Only Frieda (Lisa Joyce), Issa's partner on the project, remains.

"Were you guys discussing Beach Day?" Issa asks.

"Oh. It's no big deal," Frieda insists nervously. "A few of the others had some concerns."

"Concerns they couldn't talk to me about?" Issa presses.

"They just emailed me to double-check a couple little things," Frieda over-explains.

"There were emails, too?" Issa asks. Cut to Issa and her boyfriend: "They're having secret white meetings, and they're sending secret white emails," she rails.

When series co-creator Larry Wilmore (The Nightly Show) teamed up with Rae, who'd grabbed attention with her YouTube series Awkward Black Girl, this was the point: Show us a familiar situation — a young woman trying to make it in Los Angeles — from a new perspective that can only come from a unique voice.

Issa Dee is not the first TV character trying to find love, career fulfillment and herself.

But she's the first I've seen who demonstrates how hilariously absurd well-meaning white people look when they try too hard to be cool; or what happens when her best friend Molly (Yvonne Orji), an attorney, is tasked to ask her firm's new intern to "tone down" her blackness.

Insecure doesn't fix Hollywood's diversity problem, of course.

But it's an excellent start.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEFS

Lily Allen sheds tears during visit to migrant camp

British singer Lily Allen, seen at right at a protest calling for Prime Minister David Cameron to resign, has apologized for Britain's handling of the migrant crisis on a visit to a slum-like camp in northern France.

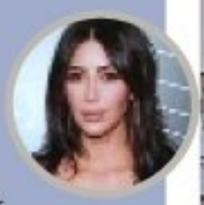
She said Wednesday she was sorry "on behalf of my country" after visiting refugees in Calais who are trying to enter Britain. Allen was moved to tears after meeting a 13-year-old boy from Afghanistan who told her he was trying to be reunited with his father in England. She told him Britain had put him in danger by bombing Afghanistan, putting him in the hands of Taliban extremists, and having him risk his life trying to get to Britain.

The French government plans to dismantle the site and disperse its occupants. THE ASSOCIATED PRESS

Cyrus says Supergirl is 'weird'

Miley Cyrus is taking issue with the CW series Supergirl because she says having a show with a gender attached to it is "weird." The pop singer tells Variety the actress who plays the title character Melissa Benoist is a woman, "not a little girl." She also questions "what if you're a little boy who wants to be a girl so bad that this makes you feel bad." THE ASSOCIATED PRESS

Kardashian costume pulled after online outrage



An online retailer has pulled a Halloween costume that made light of the recent jewelry heist involving Kim Kardashian West. The listing for the "Parisian Heist" costume on Costumeish featured a bound and gagged Kardashian lookalike. The costume prompted outrage on social media. THE ASSOCIATED PRESS

INSTAGRAM

Pratt opens up on son's premature birth

Chris Pratt has opened up about his son's premature birth while sharing his experience visiting a children's hospital.

The actor posted photos on Instagram from his visit Monday to Seattle Children's Hospital. He showed off a picture of him with a set of premature twins. He writes that ever since his son Jack's birth, he has "a special affinity for the NICU (neo-natal intensive care unit)."

Pratt's wife, actress Anna Faris, gave birth to Jack in August 2012.

Pratt also shared pictures of him with a cancer patient and another child at the hospital. He thanked the facility for "the opportunity to come by and brighten some days," adding, "My heart is full."

Pratt has appeared in the TV series Parks and Recreation and the film Guardians of the Galaxy. THE ASSOCIATED PRESS

Chris Pratt, left, visited the Seattle Children's Hospital, saying he has a special affinity for the neo-natal intensive care unit since his son's premature birth in 2012. CHRIS PRATT'S INSTAGRAM

metro HOME

Your essential daily news

Pluck ripe veggies like zucchini when they're smaller to encourage more growth on the plant

MEET THE CONDO

Planned community in Kanata

CONTRIBUTED

Project overview

Fernbank Crossing is a new community in Stittsville with a variety of two-storey homes, detached bungalows, semis and condos for buyers to select from. Phase One will be ready for homeowners in about a year.

Housing amenities

The various models feature amenities such as hardwood flooring, spacious, innovative floor plans and designer kitchens. Large windows allow for plenty of natural light, and open concept living areas provide an airy, expansive feel.

Location and transit

The area has several shopping centres including Hazeldean Mall, and offers close proximity to schools and transit routes. Downtown Ottawa can be easily accessed by bus or Hwy. 417, while Kanata itself offers what residents would need on a daily basis. New schools are planned for the area.

In the neighbourhood

Fernbank Crossing is designed with its own Village Green town centre, complete with parks and a pond. The neighbourhood is a mixture of retirees and younger families. The community offers multiple green spaces, trails and bike paths, as well as recreation facilities and golf courses.

ILANA REIMER/FOR METRO

NEED TO KNOW

What: Fernbank Crossing
Builder: Fernbank Crossing
Designer: eQ Homes and Barry J. Hobin & Associates Architects Inc.
Location: Off Fernbank Road
Building: Townhomes, detached homes and condos
Size: 1,040 sq. ft. to 3,400 sq. ft.
Pricing: Starting from $299,000
Model: Two to four bedrooms, two to 3.5 bathrooms
Status: Now selling
Occupancy: Fall 2017
Sales centre: 339 Bobolink Ridge
Phone: 613-404-8075
Website: eqhomes.ca

Pumpkin decor, three ways

DIY

Unconventional ideas are great for Halloween and beyond

Greet guests with a cheerful stenciled pumpkin, or turn mini-gourds into vases and candle holders. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

Pumpkins are a classic way to decorate for autumn. Whether grouped on a table or placed on your doorstep, they instantly add a touch of the season.

Instead of sticking with the typical orange or white colour scheme, why not add some colour? Experiment with a palette that's fresh, possibly a little unexpected but still feels like fall.

A quick trip to the grocery store and you can fill your shopping basket with almost everything you need to decorate your table and your doorstep; from fresh flowers in pumpkin vases to the warm glow of mini pumpkin tea lights — and don't forget a cheerful welcome at the door.

We used new paint colours from the Michael Penney Designer Collection to make traditional mini gourds look contemporary. The shades of Fusion Mineral Paint we used included Coral, Mustard, Azure, Brook, Park Bench, Putty and Lichen.

1 Painted pumpkins

Greet guests at the door with cheerful painted pumpkins. Stencil a friendly "hello" or your house number to set the tone of what's to come inside. Don't want to commit to a live fall arrangement? A stack of pumpkins in a planter on your doorstep is a great way to bridge the seasons without breaking the bank.

You'll need:
- Large pumpkins
- Stick-on vinyl letters/numbers (widely available at craft stores)
- Acrylic paint
- Paintbrush
- Acrylic coating spray (optional)

Apply vinyl stickers to a pumpkin to spell out a message or a house number (in our case, 11). Add a coat of paint, remove the stickers while paint is wet and then let the paint dry completely.

If you've still got time to spare once the paint is dry, consider applying a coat of acrylic sealer to protect the paint from wet weather. Your pumpkins will last that much longer.

2 Tablescapes

There is something about the sight of a mini pumpkin that just makes you want to see more. Add a pop of colour and pretty flowers to a small pumpkin to instantly up the charm quotient.

A centrepiece doesn't have to be a single object. Paint enough pumpkins to loosely run along the centre of the table. Add in some candles and fill in any empty spaces with some mini gourds.

The beauty of this arrangement is not only the fresh colour scheme and pretty flowers. Keeping the table decor simple allows ample space for wine glasses and food and the lower profile lets guests chat without having to dodge an oversized centrepiece.

You'll need:
- Mini pumpkins
- Sharp knife
- Spoon for seed scooping
- Acrylic paint
- Paintbrush
- Water
- Flowers

Using a knife, carve out the stem of the pumpkin. Scoop out the stem and seeds.

Carve out enough space at the top of the pumpkin to allow a small shot glass or other glass vessel to fit inside the pumpkin. This will act as the vase, holding water to keep the flowers fresh.

Apply a coat of paint to the pumpkin. Let dry completely.

Fill the glass with water. Add a small handful of flowers to the glass and place inside the pumpkin.

3 Add some candlelight

Carve some rustic candle holders out of mini painted pumpkins and pop in some tea lights to add a whimsical glow to your tabletop. Then, scatter them along the table. If you'd prefer the candles to be hidden, simply remove the stem and scoop out the flesh and set the candles inside to add a luminous glow to the table.

You'll need:
- Mini pumpkins
- Sharp knife
- Acrylic paint
- Paintbrush
- Tealights

Using a knife, carefully carve out the stem of the pumpkin. Ensure that the area carved is large enough to hold a tealight. Gently push the stem inside the pumpkin, deep enough for the tea light to sit comfortably. Apply a coat of paint to the pumpkin. Let dry completely. Place a tea light inside the carved space.

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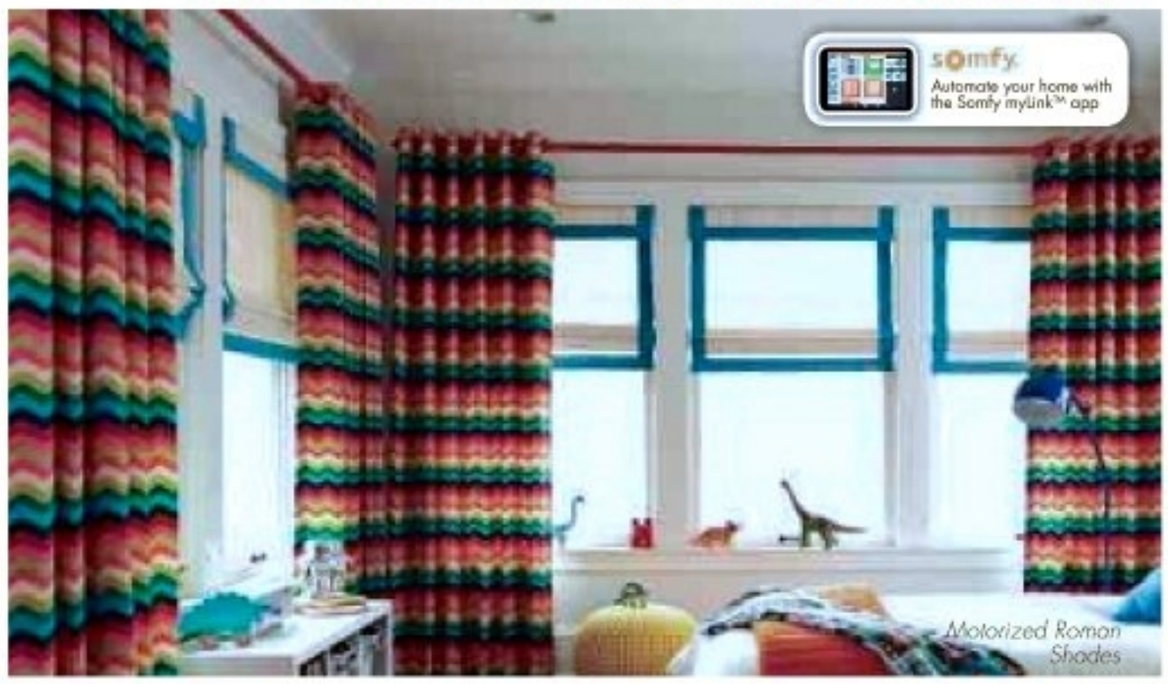

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metro SPORTS

Ronda Rousey will return to the UFC on Dec. 30 in Las Vegas, fighting Amanda Nunes for the bantamweight title

NHL BATTLE OF ONTARIO KICKS OFF REGULAR SEASON Senators left-winger Mike Hoffman, top left, and defenceman Cody Ceci upend Maple Leafs centre Mitch Marner at the Canadian Tire Centre on Wednesday night. The game was one of four on the night as the league began its regular season. Go to metronews.ca for the story. SEAN KILPATRICK/THE CANADIAN PRESS

Jays rotation rolls on into Cleveland

MLB PLAYOFFS

Toronto starters pose stiff challenge in ALCS

When it comes to Toronto's starting rotation, it's an embarrassment of riches for Blue Jays manager John Gibbons.

Proven playoff performer Marco Estrada will start the opener of the American League Championship Series on Friday in Cleveland. The rest of the rotation includes 20-game winner J.A. Happ, league earned-run average leader Aaron Sanchez and wild-card game winner Marcus Stroman.

That's one of the deepest four-man crews in the major leagues and gives Toronto a distinct edge over the Indians, who are missing starters Carlos Carrasco and Danny Salazar due to injury.

The off-days that came after Toronto needed only three games to win the AL Division Series has allowed the Blue Jays to set their rotation as they wish rather than be forced into maintaining a regular routine.

Stroman has had the most rest and will be a good bet to go in Game 2 on Saturday.

Estrada, meanwhile, was dominant in a 10-1 rout of Texas in the ALDS opener last week. His change-up regularly handcuffed the Rangers throughout the 8-1/3-inning performance.

"All I know is you look back at the last couple years at how good Marco has been for us in big games for us," Gibbons said. "Playoff games and two straight years of regular-season games. And he's one guy too that probably needs more than anybody to keep on a (schedule that's as) close to normal as possible."

The Blue Jays have some options to consider before setting their ALCS roster. Once the status of Francisco Liriano is firmed up, they'll likely be in a position to make some decisions.

Liriano suffered a concussion last week but said Tuesday he feels much better and is hopeful to be ready for the ALCS. He has to complete Major League Baseball's seven-day concussion protocol and could return as early as Saturday.

Liriano was strong down the stretch and would give the Blue Jays another left-handed option out of the bullpen. He could also be used in a short or long relief spots as needed.

Second baseman Devon Travis said his sore right knee is feeling better and he expects to be ready for Game 1. The Blue Jays could elect to drop a pitcher and perhaps add a backup player in Ryan Goins or Dalton Pompey. THE CANADIAN PRESS

GAME 1 STARTING PITCHERS

Corey Kluber	vs.	Marco Estrada
215	IP	176
32	GS	29
18-9	W-L	9-9
3.14	ERA	3.48
1.06	WHIP	112
227	SO	165

**2016 regular-season statistics

GETTY IMAGES

NHL

Montoya replaces flu-stricken Price

With Carey Price nursing a flu, Al Montoya will start in the Montreal Canadiens net a lot sooner than he expected.

A handful of other players will also be making their Canadiens debuts, including top defenceman Shea Weber, but putting Montoya in goal for the Canadiens' regular-season opener Thursday night in Buffalo was not in the plans until Price took ill this week.

"The start was going to come sooner or later," said Montoya, an off-season acquisition from the Florida Panthers who will play in a season opener for the first time since 2011 with the New York Islanders. "This is what I've been preparing for in camp, so I'm excited."

Price missed a third straight day of practice on Wednesday. The 2015 Vezina Trophy winner has not played an NHL game since last Nov. 25, but he backstopped Canada to gold at the World Cup of hockey last month. THE CANADIAN PRESS

KEY INJURIES

- **Sidney Crosby**, out indefinitely, concussion
- **Patrice Bergeron**, day-to-day, lower-body injury
- **Jack Eichel**, out indefinitely, high ankle sprain

COURT

Mistrial declined in Rose rape case

Lawyers for a woman accusing NBA star Derrick Rose and two of his friends of rape failed to disclose text messages to the defence, but the lapse was not significant enough to throw out the case or declare a mistrial, a judge ruled Wednesday.

Lawyers for Rose had argued that the plaintiff's lawyers purposely withheld three texts until the woman was done testifying so the defence couldn't question her about messages that showed the night in question had been planned for sex and that she was talking the next day about being reimbursed for cab fare and not accusing anyone of rape.

> **It looked like a setup. It turned out to be what I thought.**
> Derrick Rose

The 30-year-old woman filed the $21.5 million lawsuit two years after the August 2013 incident, claiming Rose and his friends raped her at her apartment while she was incapacitated from drinking and, possibly, drugs. THE ASSOCIATED PRESS

IN BRIEF

Pelicans' Davis leaves game with ankle sprain

New Orleans Pelicans forward Anthony Davis left Wednesday's pre-season game against the Houston Rockets after suffering what the team called a right ankle sprain.

Davis fell to the court in the first quarter of the game in Beijing, the last of the NBA's two exhibitions in China. He re-entered the game briefly but soon walked to the locker-room. He did not return. THE ASSOCIATED PRESS

Gretzky takes front-office job with the Oilers

Wayne Gretzky led the Edmonton Oilers to four Stanley Cups on the ice. Now he has the chance to help lead them to more glory from the front office.

The Great One has been named partner and vice-chairman of Oilers Entertainment Group. The Oilers made the announcement Wednesday at an unveiling of the iconic Gretzky statue at the team's new arena, Rogers Place. THE CANADIAN PRESS

RECIPE Shrimp and Orzo Skillet Dinner

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Turning to a one-pot dinner may feel like a ho-hum weeknight move but this recipe with its zesty flavours and juicy textures is a party on your plate.

Ready in 40 minutes
Prep time: 15 minutes
Cook time: 25 minutes
Serves 4

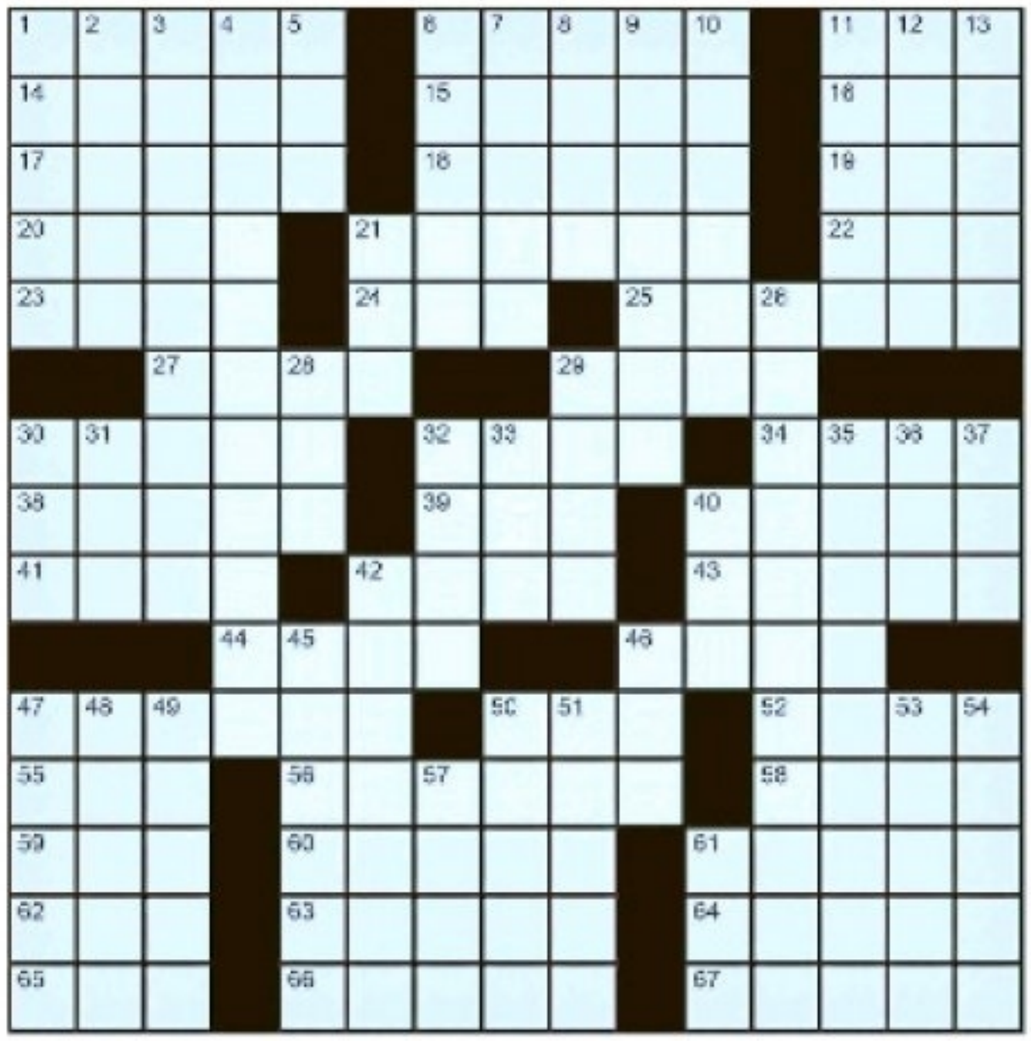
Ingredients
- 1 Tbsp (15 ml) olive oil
- 1 onion, diced
- 3 cloves of garlic, minced
- 1/2 tsp (2 ml) dried oregano
- 2 cups (500 ml) vegetable stock
- 1 x 14 oz (414 ml) can of diced tomatoes
- 1/3 cup (80 ml) balsamic vinegar
- salt and pepper
- 1 cup (250 ml) orzo
- 1 lb (450 g) cleaned, deveined shrimp
- big handful of fresh basil, sliced
- 1/2 cup (125 ml) feta, crumbled

Directions
1. In a large skillet, sautée onion and garlic in oil over medium heat until they smell great and soften up. Add the oregano and cook for another minute
2. Pour in stock, vinegar and tomatoes and taste for seasoning. Add salt and pepper.
3. Now add the orzo and allow everything to simmer for 15 minutes.
4. Add your shrimp and cook for another 3 to 5 minutes, or until the shrimp turn pink and opaque.
5. Sprinkle basil and feta over top and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Produce selection, Swiss _
6. Bivouacs
11. Fruit drink
14. More abundant
15. Expect
16. And not
17. _-fartsy
18. 1970: "Band of Gold" by Freda _
19. Mr. Hamm
20. Shoes insertees
21. Typos
22. Alternatives
23. Region [abbr.]
24. Pot's top
25. Correct, as a TV's blurriness
27. Fluffy hand-warming winter accessory
29. MasterCard rival
30. Rapidly
32. "_ Miner's Daughter" (1980)
34. Store
38. Ms. Midler
39. Possess
40. Where Nairobi is the capital city
41. Honolulu's home
42. Yarn
43. "So what else _ _?" (Besides that, anything else going on?)
44. Origin
46. Tardy
47. Article or thing
50. "Right you _!"
52. "Whoops!": 2 wds.
55. Backwards
56. Poet's set of three lines
58. But, in Spanish
59. Amy _, The Joy Luck Club author
60. Aids, usually illegally
61. _ Tower (Office building in Edmonton)
62. '60s songstress, Little _
63. Appraise
64. Beatles style of jacket
65. Refusals
66. "The Prince of _" (1998)
67. Cream-filled Nabisco cookies

DOWN
1. Basketry, for example
2. New employee
3. Apocalyptic thriller airing on Space which stars the real life couple at #26-Down and #35-Down
4. Make big changes to the corporation
5. Juiceless
6. Calf-length pant
7. Trophy
8. Ms. Angelou
9. Northern _ (Migratory duck)
10. Lieus
11. Variety of pear
12. Gateways
13. Surrealist artist Max
21. Gremlin
26. As per #3-Down... Canadian actor whose credits include "Mercy" and "Me and Orson Welles" (2008): 2 wds.
28. Charge
29. Barn topper
30. Blood-typing letters
31. Stew bit
32. Parka, for one
33. Night flapper
35. As per #3-Down... American actress whose credits include "Volcano" (1997) and "Men in Trees": 2 wds.
36. _ bread
37. Shooting marble
40. Certain car company
42. One's great for carrying books: 2 wds.
45. Singing span
46. Permit
47. A great deal
48. Appreciation for the tenor!
49. Nick, Joe or Kevin
50. Misbehave: 2 wds.
51. Change the settings back
53. _ Munroe/Storm (Marvel Comics heroine)
54. Ancient Egyptian falcon-headed god
57. Count on
61. Rock producer Brian

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be diplomatic when talking to others today, because arguments with authority figures, partners or close friends might arise. Anger will only hinder your progress in achieving what you want to do.

Taurus April 21 - May 21
Difficulties with co-workers are likely today. Refrain from being too opinionated. Remember to listen to the input from others before your state your own case.

Gemini May 22 - June 21
Romantic squabbles are likely based on your own ego and your tendency to cling to their own ideas and way of looking at things. Try to see the other person's point of view as well.

Cancer June 22 - July 23
Tension at home is likely today. This might be related to home repairs that you are tackling or big ideas that you are now starting to entertain regarding real-estate opportunities. Easy does it.

Leo July 24 - Aug. 23
You are quick to anger today because you are impatient. But will this help anything? It's doubtful that it will help anyone. Anger only makes things worse.

Virgo Aug. 24 - Sept. 23
Money squabbles might take place today. These will be anti-productive. Keep in mind that you have excellent money-making ideas to consider during the next 12 months.

Libra Sept. 24 - Oct. 23
Because you might be touchy and irritable today, communications with others will be dicey. Guard against accident-prone behavior due to your own impatience. Chill out.

Scorpio Oct. 24 - Nov. 22
Your mind is quite aggressive today, which is why you might be impatient with others. However, you can use this same mental energy to do excellent research. .

Sagittarius Nov. 23 - Dec. 21
Discussions with a friend or a member of a group will be challenging today. Everyone is opinionated! Everyone thinks they are right!

Capricorn Dec. 22 - Jan. 20
Do not challenge bosses, parents and VIPs today, because this will get you nowhere. Don't burn any bridges. Remember to be polite and courteous.

Aquarius Jan. 21 - Feb. 19
Avoid controversial subjects like politics, religion and racial issues today, because they will quickly disintegrate into a nasty argument. Who needs this? Not you.

Pisces
Feb. 20 - March 20
Disputes about shared property and inheritances might arise today, which is why this is a poor day for these kinds of discussions. Wait until tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6	8	9		4	
	1					5		
			5				7	
	3	7		9				
		8		4		1		
				6		4	2	
	7				8			
		2					9	
	8		1	7	6			

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1	5	4	8	7	9	2	3	6
6	8	9	5	2	3	4	1	7
2	7	3	4	6	1	8	9	5
8	3	1	2	5	6	7	4	9
9	2	6	7	3	4	5	8	1
5	4	7	9	1	8	6	2	3
4	1	5	6	9	2	3	7	8
3	6	2	1	8	7	9	5	4
7	9	8	3	4	5	1	6	2

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